

# YOGA LOVE & MINDFULNESS

MINI RETREAT ON HUTCHINSON ISLAND | FEBRUARY 7-8, 2025 | WITH CHERI FANDOZZI & SUZIE KUBIK

Join Mindfulness expert & Yoga Practitioner Cheri Fandozzi, along with Ocean Village Yoga Teacher & Massage Therapist, Suzie Kubik for this mini retreat and deep dive into the practices of yoga, loving kindness, and mindfulness.

## RETREAT INCLUSIONS

two yoga classes  
meditation workshop and guided practices  
Friday evening mixer  
Saturday afternoon lunch  
meditative beach walk  
a copy of Sharon Salzberg's book: *Loving Kindness*



scan to learn more

## YOUR HOSTS

### CHERI FANDOZZI

Cheri Fandozzi is a Qualified Mindfulness-Based Stress Reduction (MBSR) teacher. She trained in MBSR at The Mindfulness Center at Brown University & has studied with world-renown meditation teachers & scholars for over a decade. She is a graduate of the YogaWorks 500-hour Professional Yoga Teacher Program & holds specialized certifications in Restorative Yoga & Children's Yoga. From her home bases in New York City & Avalon, NJ she teaches public and private mindful movement and meditation classes, & leads workshops & retreats both nationally & internationally.

### SUZANNE KUBIK

Suzanne is a yoga teacher & massage therapist who enjoys helping people age gracefully. Her passion is creating yoga classes that blend music, asanas, positivity & self-care. She completed her training at Level Yoga in Vero Beach, Florida & teaches winter classes at Ocean Village on Hutchinson Island. She has had the luxury of practicing yoga & meditation with some truly outstanding teachers at Kripalu and in Manhattan. Suzanne has attended numerous workshops & trainings on Yoga Nidra, Yin Yoga, Restorative Yoga & Pranayama.

